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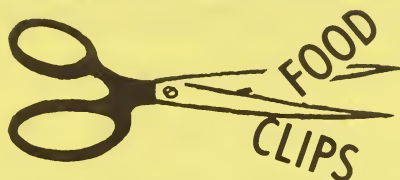
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Food and Home Notes

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Did you know -- Even baked beans should not be allowed to stand out for more than 2 hours at room temperature, according to USDA Extension specialists.

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Have you tried "glazing" carrots, parsnips, and sweet potatoes with a blend of orange juice concentrate of honey? Even maple sirup instead of brown sugar (omit the water) makes a good combo.

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What's the difference between herbs and spices? Herbs are leaves and sometimes the flowers of aromatic plants grown in the temperate zones; spices come from aromatic plants grown in the tropics.

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If acid ingredients (like tomatoes, catsup or vinegar) are included in a recipe, add after the vegetables are tender. Acid prevents beans and peas from softening.

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You can transform leftover vegetables into new and interesting dishes by adding them to tossed green salads, to egg dishes, meat dishes--and even gelatin molds.

NEW DIET REPORT —On Obesity

*Robert
note*

The eternal problem of dieting may someday be solved--maybe sooner than we think. Some encouraging results on a new approach to the study of obesity were recently reported by U.S. Department of Agriculture scientists. The new diet plan calls for alternating periods of a 4 day restricted diet with 16 days of a normal diet.

The study was conducted by using laboratory rats to duplicate the tendency of people to gain additional weight after a strict diet. This type of repeated periods of dieting may hold promise for weight watchers. Researchers at USDA's Agricultural Research Service found that after the third restricted diet the rats bodies remained at lower weights even after they resumed eating. Earlier research on humans, it was discovered that the body adapts to periodic semi-starvation by utilizing stored fat more efficiently.

1976 Outlook Conference Set

The National Agricultural Outlook Conference has been set for Nov. 17-20, 1975 at the U.S. Department of Agriculture, Washington, D.C. Major focus will be on the "General Economy."

VITAMIN C

— More On Research

If you've been in the habit of popping vitamin C pills in trying to prevent -- or hold-back--the common cold, you may want to do some re-thinking on the subject.

If your doses of vitamin C are several times the daily recommended allowance you may increase the risk of another ailment -- coronary heart disease, according to Dr. Leslie M. Klevay, a U.S. Department of Agriculture research scientist. He reports that ascorbic acid (vitamin C) decreases the amount of copper that can be absorbed from food and that a consequent imbalance of zinc and copper metabolism may increase the cholesterol levels in the blood.

Persons with high levels of cholesterol in their blood are more likely to have heart attacks than persons with low cholesterol levels. Coronary heart disease is recognized as the leading cause of death in the United States.

Research reports from Agricultural Research Service scientists showed that rats fed high amounts of ascorbic acid developed high concentrations of cholesterol in their blood plasma in comparison with rats fed the same diet without ascorbic acid. Similar results with rats were produced by feeding diets high in zinc relative to copper. The dietary imbalance of zinc and copper may increase the risk of heart disease in humans, according to the studies. However, many observations are apparently paradoxical in research concerning zinc and copper.

There are still many differing opinions on whether large amounts of vitamin C are effective in decreasing the frequency and severity of respiratory infections such as the common cold. This research was conducted at the ARS Human Nutrition Laboratory at Grand Forks, North Dakota.

COST OF FOOD AT HOME FOR A WEEK (April)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$27.90	\$34.90	\$41.90
Elderly couple.....	24.90	30.60	36.60
Family of 4 with preschool children.....	39.50	49.00	58.80
Family of 4 with elementary school children.....	47.90	59.80	71.70
Individuals*			
Women			
20-54 years.....	11.30	14.00	16.80
55 years and over.....	10.20	12.50	14.90
Men			
20-54 years.....	14.10	17.70	21.30
55 years and over.....	12.40	15.30	18.40
Children			
1-2 years.....	6.40	7.80	9.30
3-5 years.....	7.70	9.50	11.40
6-8 years.....	10.00	12.50	14.90
9-11 years.....	12.50	15.60	18.70
Girls 12-19 years.....	11.80	14.60	17.40
Boys 12-14 years.....	13.30	16.60	19.80
15-19 years.....	14.60	18.30	21.90

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

"THINGS" ARE GETTING BETTER

---At least there are fewer Gypsy Moths!

The "gypsy moth" is a leaf-eating insect that devours the foliage of hardwood trees, especially oaks. A gypsy moth "outbreak" is a serious problem. But last year there were fewer moth-eaten trees. However, the pest is as much of a problem as ever because it is not always predictable about where or when the insects could break out again.

Where did the gypsy moth come from? They've been in this country for more than a century, brought here from Europe by a naturalist who thought he could use them to make silk. Instead, they escaped, bred, thrived, and built up populations that soon began to damage trees in New England -- and they spread.

The gypsy moth continues to be a major insect threat to the hardwood forests in the northeastern United States.

Gypsy moth larvae usually begin to hatch around the first of May. But hatch time is determined primarily by temperature. They can hatch in just a few days.

USDA's Animal and Plant Health Inspection Service has a gypsy moth trapping program conducted in cooperation with state and federal agricultural agencies and the National Campers and Hikers Association. These groups placed about 70,000 traps nationwide to detect gypsy moth spread. Information for future quarantine, survey and control efforts is gleaned from the trapping results.

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NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A Office of Communications/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250 or telephone 202-447-5898.
